

Maryland

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://www.fha.state.md.us/fha/cphs/npa/index.html>

<p style="text-align: center;">The Epidemic</p> <p>58% of Maryland adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>18% of non-Hispanic white adults, 27% of non-Hispanic black adults, and 12% of Hispanic adults in Maryland are obese. (CDC BRFSS, 2002)</p> <p>29% of low-income children between 2 and 5 years of age in Maryland are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate of Maryland adults increased by 62% from 1990 to 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <ul style="list-style-type: none"> ➤ Expand infrastructure to include internal departments such as WIC, Cardiovascular Health, and Diabetes. ➤ Identify surveillance systems that monitor the risks and prevalence of overweight and obesity. ➤ Provide training/education to Nutrition and Physical Activity coalition partnerships. ➤ Form four working committees to complete the burden of obesity report: <ul style="list-style-type: none"> – Adult Obesity Assessment Committee. – Childhood Obesity Assessment Committee. – Community/Outreach Assessment Committee. – Policy Assessment Committee. ➤ Develop the Nutrition and Physical Activity to prevent Obesity state plan.
<p style="text-align: center;">Recent Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Established the Maryland's Nutrition and Physical Activity Coalition. ➤ Created a Nutrition and Physical Activity display for presentations at conferences. ➤ Established a program logo: "Balance for Life." ➤ Launched the program Web site. 	<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ Host a regional meeting to expand and strengthen partnerships and to scan communities for current nutrition and physical activity programs and initiatives. ➤ Produce a draft of the state plan.
<p style="text-align: center;">Partners</p> <p>American Cancer Society American Heart Association Diabetes Control Program Division of Cardiovascular Health Governor's Council on Physical Fitness Healthy U of Delmarva The Johns Hopkins University Bloomberg School of Public Health Maryland Action for Healthy Kids Maryland State Department of Education Maryland Cooperative Extension Service Morgan State University University of Maryland</p>	<p style="text-align: center;">Project Period: 2003-2008 Year First Funded: 2003 Funding Stage: Capacity building Contact Person: Lorraine Smith Chief of Preventive Health Programs Dept. of Health and Mental Health Telephone: 410-767-6811 Fax: 410-333-7411 E-mail: smithl@dnhm.state.md.us</p>



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